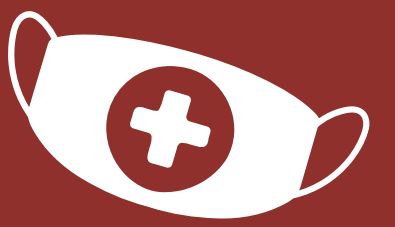


COVID-19 RESOURCES:



WHAT YOU CAN DO TO STAY HEALTHY

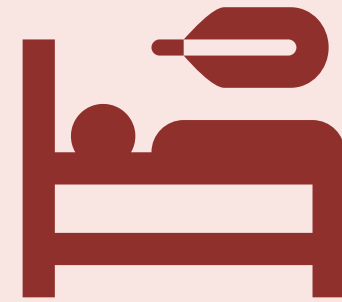


Avoid non-essential travel.

Only travel for groceries, healthcare, & work if required.



Avoid travel and contact with other people if you are sick.



Work from home if circumstances allow.



Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.



Wash hands often with soap and water for at least 20 seconds.

Use an alcohol-based hand sanitizer if soap and water are not available.



Regularly disinfect frequently touched objects.



For tips, visit the [Safety, Health and Consumer Council's guide](#)

Keep a distance of at least 6 ft away from others.



Avoid contact with sick people.



Source: [Utah Coronavirus Task Force](#)